

CHR, INC. (CARING,  
HELPING, AND  
RESTORING LIVES)

# The Caring Corner



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## INSIDE THIS ISSUE:

A Testimony	2
April DV Workshop	2
May DV Workshop	2
June DV Workshop	3
July DV Workshop	3
Women's Conference	3
Giving Back	4
Community Distribution	5
About CHR	6
Visionary	6

### Mary L. House, CEO

Meet Mary L. House and you're sure to walk away feeling encouraged, inspired and even empowered to achieve your dreams. Mary's rich history includes overcoming poverty, nurturing a strong family, owning successful businesses and helping husband and pastor Bishop Clinton House, Sr. build the congregation of Mountaintop Faith Ministries in Las Vegas from just 13 members in 1990 to more than 4,000. Today she is a successful businesswoman, family advocate, spiritual leader, motivator and mentor, literally inspiring hundreds of women, thousands of families and countless strangers on a regular basis.

Mary's passion is to encourage and lift those in need by providing them with tools to achieve a life of self-sufficiency. In 1996, she and husband Clinton founded the faith based non-profit community organization Caring, Helping and Restoring Lives, Inc. (CHR) to help families of the unemployed and under-employed in Southern Nevada. In the last seven years, CHR

## Meet the President & CEO

has utilized more than six million dollars in federal grants and private funding to provide assessment, training, coaching,



counseling, placement and support to help thousands of adults and dislocated workers find gainful employment and upward mobility. Mary has a contagious passion and determination to ensure that each client thrives, which sparks the same enthusiasm in counselors and other CHR staff. Not only do clients get the important technical

assistance they need, but also a routine dose of encouragement to boost their confidence!

As a business owner with more than 10 years experience, Mary has taught classes in people management, sales, goal setting, planning, money management and other topics pertaining to managing a successful business. Her philanthropic passion positively impacts the lives of all who encounters her.

The Moms In Business Network has honored Mary House with its annual "Women's Advocate Award," and she received the Nevada Phenomenal Women's 2008 "Inspiring Phenom Award."

As "First Lady" of Mountaintop Faith Ministries, she leads by example and routinely teaches thousands on topics that foster individual spiritual growth. Mary and Clinton House have two children, one daughter-in-law and two grandsons.

## CHR & Domestic Violence

While at a first ladies retreat, Dr. Mary L. House heard Ladonna Combs speak on domestic violence (DV). Mrs. Combs urged others to help educate and empower women of DV through grants and in-kind donations. Dr. House remembering that her mother and two sisters were DV survivors, answered the call and intertwined DV empowerment

with Caring, Helping and Restoring Lives (CHR), Inc.

Since answering the call, CHR, Inc. has conducted 14 DV workshops; has partnered with Mountaintop Faith Ministries to host an annual Women's Empowerment event, which host over 1,000 women per year; assist women with their "Dress for Success,"

and acknowledge DV and its survivors each October.

As CHR, Inc. moves forward, Dr. House has become a voice for women of domestic violence throughout the Nation. She has taken the torch and is urging others to join the cause.



# Mammogram Saves Lives



**Sis Veltra Metts Cannon** received her Cancer Free certificate and shares her testimony to women throughout the Nation.

In August of 2015, I attended the Women's Conference and signed up for the mammogram van. After having the mammogram done, I received a call and they told me they found something on my mammogram. I had given them the information on my mammogram information sheet and they said they were trying to get in touch with me because I needed to have an ultrasound. My emergency contact was my sister so they called her back in February 2016 and told her to tell me to call immediately. I called and I set up my appointment within the next week to see a doctor. By this time the tumor had grown and I could feel the tumor. The doctor sent me to ultrasound clinic to get an ultrasound. The doctor that examined me at the ultrasound clinic said he didn't think it was cancer and that he couldn't do a biopsy. So my doctor sent me to a breast specialist and the breast specialist did a biopsy on my right breast. I prayed and asked God, "Please Lord don't let me have breast cancer." I went back to the doctor for my results and the doctor said he had good news and bad news. The good news was that I had stage 0 cancer and the bad news was that I had cancer. So I thought, start thanking God for stage 0 + 0 means nothing. So in April they made arrangement to do surgery and do a lumpectomy and remove the tumor from my right breast. After that, I had to have 10 treatments of radiation and no chemotherapy. In stage 0 cancer only 10% women that is diagnosed with cancer has stage 0. I just thank God that I am cancer free now. My doctor said if everyone will be tested, early detection is the best thing to do; a mammogram every year. Thanks to a Mountaintop Women's Conference and the mammogram van I am cancer-free, to God be the glory!!!

Veltra Metts Cannon

## April—DV Workshop

After using the first quarter of the year to gather information and resources for her Domestic Violence (DV) Workshops, CEO & President, Dr. Mary L. House kicked off the 2016 Domestic Violence Awareness calendar year with a powerful program.

Instructor Rashieda Shabazz, seventh degree black belt and two time world champion in

Kenpo and Jiu-Jitsu taught the DV Workshop class *Practical Self Defense Tactics for Women*. She demonstrated numerous ways to protect oneself by using a bottle, hair comb, books, keys, and household items to distract or harm a perpetrator.

After which, Genese Jones, Community Outreach Supervisor for Safe Nest gave im-

portant information as she told the participants to "establish a standard for yourself." That the "preparation is psychological...and the "everyone doesn't make it out." She asked the participants, "What is it that you are willing to lose and What is it that you are willing to gain (freedom, identity, etc.)."



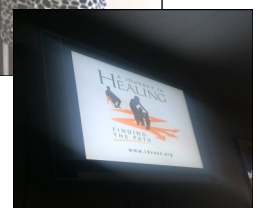
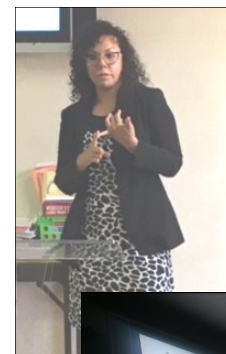
**Self Defense Instructor Rasheida Shabazz** and daughter **Kylie** demonstrate simple items used to combat an attacker. As instructor **Genese Jones** of SafeNest informs women about DV issues.

## May—DV Workshop

For the May DV Workshop, participants were educated from the video "A Journey to Healing, Finding the Path by the University of Minnesota Institute on Domestic Violence in the African American Community (IDVAAC). Per the IDVAAC.org website, they are an organization focused on the unique circumstances of Afri-

can Americans as they face issues related to DV, including intimate partner violence, child abuse, elder maltreatment and community violence.

In addition, Attorney Larissa Drohobycz taught on *Legal Facts You Should Know* for DV Victims with a focus on Nevada laws.

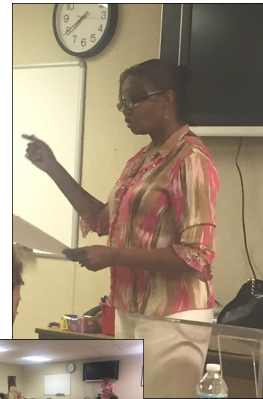


## June—DV Workshop



The month of June brought the DV participants *Cooking Healthy African American Foods*, as Chef Stacey Dougan treated the participants to a delightful kale salad.

The participants also received instructions on *Developing A Safety Plan* from speaker Rhonda Wisener. The plan included a residential plan, an Protection Order, safety on the job and in public, and safety of drug and alcohol use. The information presented was produced by the National Center on Domestic and Sexual Violence ([www.ncdsv.org](http://www.ncdsv.org)).



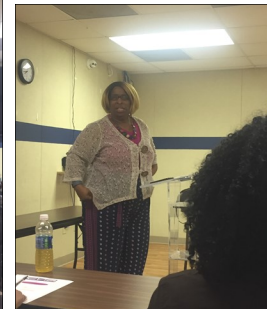
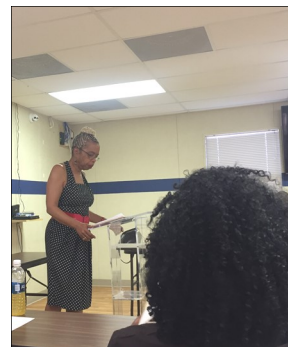
## July—DV Workshop

In light of what society and the media have portrait within the African-American communities, July proved to be a very important topic of discussion at the DV Workshop.

Dr. Linda Dougan discussed *Parenting in the African American Household* and Tonya Patterson spoke on *African American Children's Exposure*

to *Community Violence*.

Both speakers tied in the social issues that plague our families today.



**Fact:** Every 9 seconds in the US a woman is assaulted or beaten.

**Fact:** Studies suggest that up to 10 million children witness some form of domestic violence annually.

**Fact:** Every day in the US, more than three women are murdered by their husbands or boyfriends.

## 2016 WEG CONFERENCE... Don't Talk To Strangers

The Mountaintop Faith Ministries (MFM) 2016 Women's Empowerment Group (WEG) Conference was a conference of power, purpose and promise as over 1,000 women gathered to renew, refresh and revive their mind, body and soul.

Dr. Mary L. House's theme for the conference was "Don't Talk To Strangers." CHR, Inc. partnered

with MFM to donate lotion packets that were included in the gift bags given to conference participants. The lotions were packaged in two separate forms. Conference participants received a package and Dr. House asked the conference participants to give the other package to a homeless person or someone in need. Pastor's wives received large paper bags to give to their congre-

gants who were in need as well.

Participants showed their appreciation for the conference as testimonies were given on the goodness of the Lord.







Look what CHR is doing now!

Merriam-Webster defines 'Giving' as "to make a present of."

Dr. Mary L. House name is synonymous with the word "giving!"

Photos of the Gaylord boxes that were provided by CHR, Inc. and the volunteers who sorted and processed the bags!

## Giving Back to the Community

Dr. Mary L. House is a woman whose name is synonymous with the word "giving!" She stands on Biblical teachings, for God promise that when you "Give, it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give to your bosom. For the same measure that ye mete withal it shall be measured to you again." (Luke 6:38). And so, Dr. House does just that, she gives and gives and gives.

In June, she bought twelve gaylords of lotion products. Each gaylord contained 10,000 lotions from various prestigious hotels and companies. Dr. House's desire was to give the lotions to community organizations that would in turn donate them to people in need. And so, the process began.

CHR, Inc. volunteers met each Wednesday and Thursday for two and a half months in an effort to sort, clean, fill and package the lotion bottles.

Numerous community organizations were contacted and asked if they would like the donations. Some were grateful but were unable to store or pick-up the products, some did not need the products, while other organizations were grateful and were able to come and pick up the products.

Over 20 community organizations were blessed with the lotion products, half of which were in the Hispanic community.

Upon completion, the products were a true testament to the act of giving. A wise man (my dad) once said, "Though we are poor, we do not have to look or feel that way. It will not always be like this." And so CHR, Inc. gives people hope that people are able to change in mind, body and soul. One thought, one moment, and one action at a time, makes a difference in someone's life.

CHR, Inc. would like to thank the volunteers who came out to help with the lotion process: Cita Cruz, Shirley Burke, Renelda Branch, Debra French, Debra Williams, Bernadine Jordan, Christy Brown, Christal Brown, Kathy Bass, Joy Scott Clark, Jalen Clark, Patricia Anderson, Pat Smith, Jacquelyn Denby, Tammy Moore and to the MFM staff who supported the CHR, Inc. endeavor. Also, a special thank you to Cassandra Owens and her grandsons who came and picked up hundreds of lotions to bless the Hispanic community and churches in the Valley.

*To Live is to Give and to Give is to Live!*



# Giving Back to the Community continues...



## Community Distribution ...

Throughout the summer, CHR, Inc., gave lotions to various community organizations and churches, we pray that the lotions will be a blessing to all who receive them:

- \* NV Health Centers
- \* Las Vegas Rescue Mission
- \* TCMI
- \* US VETS -- Bill Rowerdink (Case Manager Supportive Services for Veteran Families)
- \* Christ Ministries
- \* Heart To Heart Women's Ministry

- \* BETHESDA COGIC
- \* Family Worship Christian Center (FWCC—Pastor John & Denise Gee)
- \* HELP of Southern Nevada at [www.Helpsonv.org](http://www.Helpsonv.org)
- \* Nevada Homeless Youth
- \* Mannantiales deVida (Life Springs Church) LV — Pastors Gabriel & Maria Davila
- \* Talleres de Oracion y Vida, (Workshops of Prayer and Life) Priest Ignacio Larranaga
- \* Bethel en El nombre de Jesu-cristo, (In the Name of Jesus-Bethel)

- Pastors Josue & Priscilla Mendoza
- \* Augilas Centro Familiar Cristiano, (Eagles, Family Christian Center) - - Pastors Guillermo & Dinora Jimenez
- \* Centro Cristiano Bethel (Christian Center Bethel) Pastor Fermin Rangel
- \* 2016 WEG Conference distributed to local Pastor's wives and over 1,000 participants who attended the conference.

*"I have found that among its other benefits, giving liberates the soul of the giver... When you learn, teach. When you get, give."*

*Maya Angelou*

## CHR, Inc. Closing Out 2016 In Style

This 2016 year has brought many wonderful thoughts, plans, ideas and actions to fruition for volunteers and participants of CHR, Inc.

CHR, Inc. is ending on a high note as the partnership with Mountaintop Faith Ministries (MFM) church 2016 Women's Empowerment Group Conference brought over 1,000 women together from all over the Valley, State, and Nation. The ladies were able to laugh, cry, and receive healing in every aspect of their

lives: mentally, physically, socially, financially and spiritually.

The 2016 WEG Conference will be the last event of the year for CHR, Inc. Throughout the next several months, CHR, Inc will be gathering information and tools to prepare for 2017.

CHR, Inc. appreciates and is grateful for every partnership, donation and volunteer support throughout 2016.

CHR, Inc. would especially like to thank the Domestic Violence Workshop volunteers who have donated their time and talent to bless the DV participants.

If you have any questions, comments, concerns, or simply would like to donate to CHR, Inc., please feel free to contact Dr. Mary L. House at (702) 908-5753 or email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net).

God bless you and end the year in style!



*a faith-based community non-profit corporation*

4616 W. Sahara Avenue  
Suite 436  
Las Vegas, NV 89102  
Phone: (702) 908-5753  
Fax: (702) 974-1815  
Email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net)

Dr. Mary L. House  
Chief Executive Officer

Board of Directors

Clinton House, Chairman  
Aubrey Branch, Vice Chairman  
Sylvester Mitchell, Treasurer  
Richard Burrus, Jr., Secretary  
Kevin Boyd, Board Director

## Welcome to CHR Inc. Caring, Helping and Restoring Lives

### OUR VISION IS:

To assist under-employed and unemployed adults with employment opportunities that lead to a lifestyle of self-sufficiency.

### OUR MISSION IS:

To bring hope, help, and healing to victims of domestic and sexual violence through the love of Christ, counseling, education, and services. The individuals participating in this program will need combined and continued economic empowerment, case management, recovery services, and advocacy to help them maintain healthy, nurturing and violence free lifestyles.

### OUR DOMESTIC VIOLENCE PROGRAM:

CHR Inc's Culturally Specified Domestic violence Prevention Program provides entrepreneurship, resume writing, interviewing and dressing for success assistance and victim advocacy services for families who are victims of domestic and sexual violence.

### FUTURE PROGRAMS—Phebe's Homes

Is a low income housing development program with the following Mission:

To provide a housing development which will nurture individuals by providing financial counseling to promote debt free living, providing case management to tenants which will assist them in upward mobility in the workforce.

# The Vision of CHR, Inc.

## Who Is Your Target Base?

CHR, Inc. target is adult African-American men and women. Men and women who seek to better their lives through employment, training assistance, job preparation, childcare and transportation & food vouchers.

## What Are Your Future Plans?

CHR, Inc., has expanded it's organizational vision from assisting under-employed and unemployed adults to also assisting Domestic Violence victims. With expansion brings expenses; therefore, CHR, Inc. is seeking funding that will allow the organizational growth to be housed in a facility conducive to it's growth.

CHR, Inc. plans to employ a staff that is ready and able to meet the needs of those seeking the priceless tools CHR, Inc. has to offer and to empower volunteers to assist.

## How Can I Partner With CHR, Inc?

This faith based organization, CHR, Inc, is continually seeking Corporate sponsorship as well as In-Kind donations that will allow the vision of CHR, Inc. to move forward. Simply contact,

**Dr. Mary L. House**

**Phone: (702) 908-5753**

**Fax: (702) 974-1815**

**Email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net)**

**[www.chrinc.net](http://www.chrinc.net)**

Feel free to go to the above website and take advantage of our Secure Online Support service through Paypal, and give a tax-deductable donation.

*On behalf of the staff at CHR, Inc., we hope you enjoyed the newsletter...*



*To not only be queens for a day but  
TO BE QUEENS FOR A LIFETIME!*